



Spring 2016

Maternal Mental Health Updates:

Mental Health: The Core of Well-Being

FSU College of Medicine, Department of Behavioral Sciences and Social Medicine

Special Interest Articles

Mental Health Provider
Networking Meeting

In Memoriam of Bob
Sharpe

Postpartum Support
International

Mental Health Resource
Guide

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**Did you know that
up to 1 in 4 women
will experience
Major Depressive
Disorder in their
lifetime?**



Advancing Care and Treatment to Enhance Outcomes for Women

ActNow is a FSU-community partnered program that is focused on better screening, detection, and treatment of depression around pregnancy. The overall goal of this work is to provide information on implementation of feasible patient-centered interventions to improve perinatal depression treatment, engagement, and outcomes in the obstetrics setting.

Mental Health Provider Networking Meeting



We had a great turnout at the February 17, 2016 Provider Networking Meeting. We had over 50 participants representing more than 20 diverse agencies or practices in our area. We would like to extend a huge thank you to **ACOG District XII, Section 1** for sponsoring the event and **Apalachee Center** for hosting the meeting. We would also like to thank **Dr. Arthur Clements**, North Florida Women's Care, and **Dr. Jay Reeve**

Apalachee Center, for providing support and remarks at the meeting. **Dr. Heather Flynn** provided an overview of maternal depression in our community and led a discussion on future training opportunities. We were excited to introduce the new Postpartum Support International coordinators, funded and coordinated by the efforts of **NAMI-Tallahassee**. The Coordinators will be able to offer moms social support, information, and

resources to help them recover from distress related to mental health during pregnancy and postpartum. The meeting concluded with an opportunity for networking amongst the providers and a plan to offer continuing education training beginning in the summer. The next step is to begin to coordinate and offer trainings in Evidence-Based Maternal Mental Health Treatments for the community and clinicians.

Maternal Mental Community Advisory Board Members

Dr. Janet Bard-Hanson –
211 Big Bend
Dr. Jay Reeve –
Apalachee Center
Sharon Ross –
Donaldson – The Center
for Health Equity
Dr. Joedrecka Brown –
FSU COM
Claudia Blackburn –
Florida Department of
Health Leon County &
FSU COM
Debra Danforth –FSU
COM
Marie Bryant – Vice
President, South City
Neighborhood
Association/ Whole Child
Leon
Dr. Karla Schmitt – FSU
CON
Amy Kimmel – Doula &
Patient Representative
Kelli Mercer - Capital
Regional Medical Center
Kyle Crews – Health
Information Exchange
Networks
Pat Stephens – National
Alliance on Mental Illness,
Tallahassee
Erin Ryals – North
Florida Women's Care
Catherine Munroe –
Patient Representative &
Apalachee Center
Connie Styons –
Tallahassee Memorial
Women's Pavilion
Courtney Atkins – Whole
Child Leon
RoseAnn Scheck –
Florida Department of
Health Leon County
Megan Deichen – MSW,
Doctoral Student
Sandy Glazer – Capital
Area Healthy Start
Bill Hambsh – North
Florida Women's Care
Jennifer Beaupied –
Tallahassee Primary Care
Associates
Susan Shelton – FSU
CON, PSI Coordinator

Maternal Mental Health Community Advisory Board

The **Maternal Mental Health Community Advisory Board (MMHCAB)**, established in the summer of 2014, continues to meet regularly. The MMHCAB members join together to facilitate community collaboration and to serve as a forum for the exchange of ideas, information and resources to help identify and treat women with depression by linking them to quality services and treatment while supporting research that leads to community awareness, education, action and outcomes. The Board hosted two open community meetings and the Provider Networking meeting this past February. The Board is currently working with smaller workgroups focused specifically on clinical/service issues, research ideas, policy, and outreach/education. The Board has been instrumental in various ways including the creation of the Resource Guide and a fact sheet for patients.



PSI Coordinators

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We are thrilled to introduce Tallahassee's **Postpartum Support International coordinators: Amy Kimmel, Susan Liipfert Shelton, and Catherine Munroe**. We would like to extend a special thank you to **Pat Stephens and NAMI-Tallahassee** for coordinating and funding these efforts. These women will fill a huge gap in the current mental health delivery system. The Coordinators will be able to offer moms social support, information, and resources to help them recover from distress related to mental health during pregnancy and postpartum. The coordinators can be reached at:

Amy Kimmel, (850) 491-5807 amy@inbloombirth.us

Susan Liipfert Shelton, PhD, CNM, (850) 583-6814 susanlshelton@gmail.com

Catherine Munroe, lmunroeiii@comcast.net

PSI Coordinators:

Amy Kimmel,
(850) 491-5807
amy@inbloombirth.us

Susan Liipfert Shelton,
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susanlshelton@gmail.com

Catherine Munroe,
lmunroeiii@comcast.net



PSI Coordinators: Catherine, Susan and Amy

Mental Health Resource Guide

FSU College of Medicine launched an online **Mental Health Resource Guide** for Leon County in 2015. The traffic to the website continues to grow, in the last 5 months there have been 1,289 pageviews. This guide allows the community to have instant access to a searchable list of mental health providers. You can quickly determine if your insurance is accepted. The Guide is located at <http://www.med.fsu.edu/mentalhealth>. If you would like to have your practice added or change your current profile, you can do this in one of two ways. Inside the mental health guide, you can click on the garnet colored link that says, "Request update or add to Mental Health Services Resource" or you can use this direct link to access the same form: <http://med.fsu.edu/?page=bssm.updateMHR>.

In Memoriam Harold Robert (Bob) Sharpe

Center for Integrated Health Care Partners

Florida Council for
Community Mental
Health

FSU College of Arts and
Sciences, Department
of Psychology

FSU College of
Business

FSU College of
Criminology and
Criminal Justice

FSU College of Nursing

FSU College of Social
Work

Florida Institute for Child
Welfare, at the FSU
College of Social Work

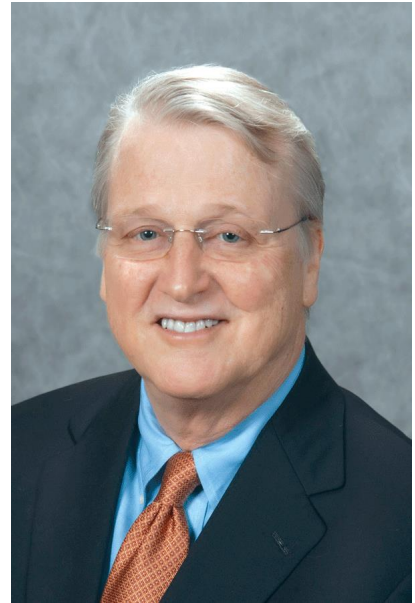
Florida Alcohol and
Drug
Abuse Association

National Alliance on
Mental Health,
NAMI Tallahassee, Inc.

Harold Robert (Bob) Sharpe, MSW, who created the initial vision for the FSU Center for Integrated Health Care, died on December 23, 2015. Bob devoted his career and retirement to health care work for the underserved. He founded the **FSU Center for Integrated Health Care** by establishing a partnership between the **FSU College of Medicine Behavioral Sciences and Social Medicine Department** and the **Florida Council for Community Mental Health**. Bob created a vision and strategic plan for the Center for Integrated Health Care that aimed to improve the integration of mental and behavioral health education, training, research, and clinical care into primary healthcare. Bob's work and ideas were vital to the creation of the Center.

Bob also served on the Maternal Mental Health Community Advisory Board, working closely with the FSU Department of Behavioral Sciences and Social Medicine and several leaders and stakeholders in the community. Bob's wealth of experience in health care provided immeasurable and valuable guidance for the work of the FSU Center and for other mental health initiatives and programs.

Bob had an incredible passion for creating programs and policies to improve quality care for individuals living with mental illness in Florida. He worked tirelessly into his retirement. Bob's vision and passion will continue to guide the work of the FSU Center for Integrated Health Care, and will carry us forward in our efforts to improve suffering among the underserved for years to come. He will be greatly missed!



Center for Integrated Health Care

The Florida State University **Center for Integrated Health Care** was established by the FSU College of Medicine in 2014 as a collaboration between the FSU College of Medicine and the **Florida Council for Community Mental Health**. The Center has important partnerships with multiple colleges at FSU and key community and statewide entities. It is the only Center in Florida and the U.S. that aims to facilitate innovations in the integration of behavioral health with medical care by enhancing education, research and services. The Mission of the FSU Center for Integrated Health Care is to strengthen capacity of FSU to serve as an innovation leader for the state by acting as a catalyst for research, programming, and education/training. We are building capacity to serve as a data center in order to provide guidance for the integration of behavioral health with primary care. The Center is currently working to integrate behavioral health screenings and interventions in primary care settings.

National Network of Depression Centers

Florida State University College of Medicine has joined a powerful national alliance built to accelerate progress in the fight against mental health disorders. The College's efforts to expand expertise in the diagnosis, treatment and scientific discovery in depression and bipolar illness has been recognized with an invitation to become an associate member in the **National Network of Depression Centers (NNDC)**. The NNDC's mission is to develop and foster connections among members to use the power of a network to advance scientific discovery and to provide stigma-free, evidence-based care to patients with depressive and bipolar illnesses. The NNDC brings together experts from across the nation.

Outreach

Legislative Updates

In January, **Dr. Heather Flynn** addressed the **House Children, Families and Seniors** subcommittee and the **Senate Children, Families and Elder Affairs** subcommittee on perinatal mental health issues. Dr. Flynn discussed the gaps related to care in the State of Florida. She went on to address the need for improved outpatient services and the importance of providing quality services while integrating mental health and physical health. Dr. Flynn highlighted the importance of also focusing on the outcomes that matter most to patients and families. Since women's mental health issues are often ignored or untreated, she touched on the negative impact that untreated mental health issues have on both parents and children. **Jennifer Moyer**, author and mental health advocate, also addressed these issues from a mother's perspective in subcommittee meetings in October.

Family First Expo

On November 6th, the Florida State University College of Medicine participated in the **Family First Expo and Fun Day at Kleman Plaza**. The College was excited to partner with other organizations and **Mayor Gillum** and the Resources and Training Task Force, to "Keep Families First". At the event, the **FSU College of Medicine** highlighted the work of **ActNow** and shared information about maternal depression with families in our community. It is reported that more than 350 people visited throughout the day. The College looks forward to continuing to partner with the community to spread awareness about perinatal mental health issues.

Moms Matter Too!

FSU College of Medicine's Department of Behavioral Sciences and Social Medicine partnered with **211/Help Me Grow** for the past two years to implement an initiative to recognize and address maternal depression during the **Whole Child Leon/Capital Area Infant Mental Health Association's** free Developmental Screening events in Tallahassee. At each screening, parents are able to talk immediately about any mental health concerns with 211/Help Me Grow staff and are able to receive referrals to local resources and agencies. The next Developmental Screening day is schedule on **April 8, 2016** at **Children's Medical Services**.

Dr. David Satcher



Dr David Satcher, 16th Surgeon General of the United States, presented "The Journey from Health Disparities to Health Equity" on March 24, 2016 at FSU College of Medicine. Pictured (left to right): Jose E Rodriguez, Kendall M Campbell, Joedrecka Brown Speights, David Satcher, Heather Flynn, Penny Ralston & Leslie Beitsch.

"If you have someone with diabetes or hypertension in primary care, they're going to be treated. If you have somebody with anxiety and depression in primary care they are unlikely to be treated."

"If you treat the mother during pregnancy or during the postpartum period, you are already impacting the brain development of the child."

~Dr. Heather Flynn

Community Events

Grand Rounds - The Florida State University College of Medicine presented "The Journey from Health Disparities to Health Equity." **Dr. David Satcher**, M.D., Ph.D., is the Founding Director and Senior Advisor, The Satcher Health Leadership Institute, Morehouse School of Medicine and 16th Surgeon General of the United States. This took place on **March 24, 2016**, from 4-5pm at FSU College of Medicine, Auditorium.

Florida Maternal Mental Health: Building Collaborations to Empower Women and Enhance Screening, Treatment, and Community Support Symposium will be held on **April 21, 2016** from 8:30 – 3:00. This will be an opportunity for various stakeholders to come together to explore new collaborations in enhancing mental health and substance use treatment and services. Location Hilton Garden Inn Tallahassee Central. For more information contact: kaidawn@usf.edu

Perinatal Mental Health Conference - Please join us for **Florida's Inaugural Perinatal Mental Health Conference**: The Intersection of Mental Health and Parenthood at the Wyndham Garden in Gainesville, FL on Thursday, **May 5, 2016** from 3:00 – 8:00pm. This conference is being presented by **The Alachua County Perinatal Mental Health Coalition**. **Dr. Heather Flynn** is one of the keynote speakers. The evening will conclude with a screening of "Dark Side of the Full Moon". To register please visit:

<https://www.eventbrite.com/e/floridas-inaugural-perinatal-mental-health-conference-tickets-21496175640>

Perinatal Mental Health Awareness Week – The City of Tallahassee and Leon County will proclaim the second week in May as the Perinatal Mental Health Awareness Week. Please join us on **May 11th** for a screening of the documentary "**Dark Side of the Full Moon**". Panel discussion to follow movie. More details to follow.

ActNow

ActNow, a FSU College of Medicine Research Program directed by **Dr. Heather Flynn**, is focused on better screening, detection, and treatment of depression around pregnancy. ActNow is focused on developing and testing approaches tailored to the unique needs of women seeking prenatal care. The overall goal of this work is to provide information on implementation of feasible patient-centered interventions to improve perinatal depression treatment, engagement, and outcomes in the obstetrics setting.



Advancing Care and Treatment to Enhance Outcomes for Women

FSU College of Medicine

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ACT NOW -

*Advancing Care and
Treatment to Enhance
Outcomes for Women*

Mental Health Resource Guide

www.med.fsu.edu/mentalhealth

Maternal Mental Health Fact Sheet



Advancing Care and Treatment to Enhance Outcomes for Women

What does depression actually mean?

Most people know what it means to feel down or depressed, especially when something bad happens in life. It is true that the word “depressed” is used to describe a person’s mood, which normally changes quite a bit over just a few days. But the word “depression” is also used to describe a major medical condition, known as Clinical Depression, or Major Depressive Disorder (MDD). MDD is an illness (like Diabetes or Heart Disease) that can have a negative effect on all aspects of a person’s life. When depression happens around the time of having a baby, it is called “**Perinatal Depression**”.

What are the signs and symptoms of Perinatal Depression?

To make a diagnosis of Perinatal Depression (MDD), a doctor or other clinician will look for at least 5 of the 9 symptoms below. Symptoms must last for at least two weeks and have a major effect on the person’s ability to function in school, work, relationships, or other important areas.

Symptoms:

- Depressed, down, or irritable mood
- Not able to get pleasure from things in life that usually give pleasure
- Major changes in appetite, including excessive weight gain or weight loss
- Major changes in sleep, like sleeping too much or too little
- Significant change in activity level (restless or slowed down)
- Feeling very low energy and fatigue
- Not able to concentrate or make decisions
- Feeling very worthless as a person or excessively guilty
- Abnormal thoughts of death or of harming or killing oneself

Women at risk of perinatal depression or who have perinatal depression may also notice:

- Feeling very anxious, especially about the pregnancy, or baby’s health or safety
- Having confusing thoughts about something harming the baby or doing something to harm the baby
- Not allowing anyone else to care for the baby
- Difficulty with breastfeeding

How common is Perinatal Depression?

Up to 1 in 4 women will experience MDD in their lifetime, and up to 1 in 5 may have MDD around the time of pregnancy, making it one of the most common complications of pregnancy. On the other hand, almost 80% of women will have the postpartum “blues”. The blues is not considered to be abnormal and is probably related to the huge change in hormones after delivering a baby. Women with the blues will notice tearfulness and difficulty controlling their mood, but this usually only lasts for a few days. If mood changes after having a baby do not go away after 2 weeks, it is time to talk with someone about it.

Can Perinatal Depression affect the pregnancy and the baby?

Un-treated depression poses a major risk to the pregnancy. Women who experience depression and anxiety during pregnancy may be more likely to have a premature delivery, restricted fetal growth and low birth weight infants. After having a baby, women with depression have been shown to have lower rates of breastfeeding initiation, poorer response to infant cues, and problematic attachment with infants. Studies have also linked perinatal depression to poorer use of prenatal care, poorer nutrition and other health behaviors such as substance use, and less likelihood to use pediatric services for the child.

How can women get help?

If you notice that you are not feeling like yourself during the pregnancy and after having the baby, tell someone. If you notice any of the symptoms listed above, especially anxiety, insomnia or thoughts of death or confusing thoughts about safety of the baby, talk to a health care professional immediately. It is important not to let these symptoms go for more than two weeks. Although weight gain, problems sleeping, lower energy and mild mood changes may be normal, it is not normal to have many of these at the same time, last for more than two weeks, and to make you unable to be yourself and do the things you want to do.

It is best to talk to several people, including family members, your obstetrician or other health care professional. If the people in your life or your health care provider do not listen or do not give you the help you need, it is very important that you keep asking or talk to someone else! The resources and phone numbers listed below can be used to connect you with help.

What kinds of help and treatment are out there?

One of the most important things to know about treatment for depression and anxiety around the time of pregnancy is that it works! Many women suffer in silence, which takes a major toll on the brain and body. Just like high blood sugar or blood pressure can damage the body, so can depression. Also like diabetes and high blood pressure, depression can be effectively treated by medications and/or life changes. The kinds of treatments can include:

- *Antidepressant medications* work well and can be safe and effective during pregnancy and breastfeeding
- *Talk therapy* is focused on learning how to get the support you need and how to change the way you think and act so that you feel much better. Talk therapy can also help you get back to doing things in life that you enjoy most
- *Exercise and activity* can have an anti-depressant effect that is the same as medications

You and your baby are worth it!

Unfortunately, most women with depression and anxiety never get the help they need. Sometimes women put their own self care last. Other times, women are afraid of how they will be seen if they admit to feeling depressed or anxious. Depression and mental health is no different from any other physical health condition. Just like taking folic acid and eating well are important during pregnancy, taking care of your mental health is extremely important for you to be healthy, feel good, and for the health and well being of your baby. You can think about it just like the oxygen mask on the plane – you must take care of yourself first before you and take care of others. The contact information below has much more information.

Resources and for Additional Information

- *Postpartum Support International Florida State Coordinators (Tallahassee Area):*
 - Amy Kimmel, (850) 491-5807 amy@inbloombirth.us
 - Susan Shelton, (850) 583-6814 susanishelton@gmail.com
 - Catherine Munroe, lmunroeiii@comcast.net
- Big Bend 211: Dial 211 <http://211bigbend.net/>
- Leon / Gadsden County Mental Health Resource list: www.med.fsu.edu/mentalhealth
- Whole Child Leon: (850) 487-7316 www.wholechildleon.org



ActNow is a product of the Maternal Health Research & Community Engagement Program in the Department of Behavioral Sciences & Social Medicine at the FSU College of Medicine

1 in 7

mothers experience depression or anxiety in pregnancy or postpartum

You are not alone.

You are not to blame.

With help, you will be well.



POSTPARTUM
SUPPORT
INTERNATIONAL

LOCAL COORDINATORS

Our volunteers provide support, encouragement, and local resources via phone and email to pregnant or postpartum mothers and their families.

FOR SUPPORT IN TALLAHASSEE, CONTACT:

Amy Kimmel
amy@inbloombirth.us
850.491.5807

Catherine Munroe
lmunroeiii@comcast.net

Susan Shelton
susanlshelton@gmail.com
850.583.6814

Established with support
from NAMI-Tallahassee
and Florida State University
College of Medicine



FLORIDA STATE UNIVERSITY
COLLEGE OF MEDICINE

FOR ANY MEDICAL OR PSYCHIATRIC EMERGENCY, CALL 911.